

Fall/Winter Menu Week: One

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal & Berries	English Muffins	Carrot Muffins	Scrambled Eggs & Toast	Yogurt & Fresh Berries
Grain products				Bread	
Veggie & fruit	Frozen berries	Sunflower butter or Jam	Carrots	Peppers	Fresh Berries
Milk products	Milk	Butter/Milk	Milk	Milk/Cheese	Yogurt/Milk
Meat & Alternatives				Eggs	
Other **					
Lunch Meal	Pulled Pork on a Bun	Chicken Ranch Casserole	Meatloaf & Green Beans	Turkey Tacos	Broccoli & Cheddar Quiche
Grain products	Bun	Pasta	Rice	Wraps	Pie Crust
Veggie	Coleslaw Mix	Spinach	Green Beans	Lettuce/Tomato/Salsa	Broccoli
Fruit	Pears	Peaches	Fruit Cocktail	Applesauce	Mandarin Oranges
Milk products	Milk	Cream/Milk	Milk	Sour Cream/Cheese/Milk	Milk/Cheese
Meat & Alternatives	Pork	Chicken	Ground Beef	Ground Turkey	Eggs
Raw Veg					
Other **					
Afternoon Snack	Cheese Strings & Grapes	Rice Cakes & Blueberries	Cereal Mix & Fresh Fruit	Graham Crackers & Oranges	Fresh Fruit & Veggie Tray
Grain products		Rice	Cereal Mix	Graham Crackers	Crackers
Veggie & fruit	Grapes	Blueberries	Fresh Fruit	Oranges	Fresh fruit & Vegetables
Milk products	Cheese String				
Meat & Alternatives					
Other **	Water	Water	Water	Water	Water
Grain Products (2-4)	3	2	3	3	2
Veg & Fruit (2-4)	3	4	4	6	5
Milk Products (1-2)	2	2	2	5	4
Meats & Alternates (1-2)	1	1	1	2	1
Other					